

# Difficult Latch-on During Breastfeeding

Trouble latching onto the breast may be due to incorrect positioning, too full or too hard breast, or flat and inverted nipples.

## USE CORRECT BREASTFEEDING POSITIONING:

- ◆ Get comfortable and put a book or a box under the feet so the lap is flat.
- ◆ Hold the baby “chest to chest”.
- ◆ Line up the baby’s body so that the ear, shoulder, and hip are in a straight line.
- ◆ Hold the baby behind the neck and shoulder to guide to the breast.
- ◆ Support the baby’s bottom in the crook of the arm.

## HELP THE BABY TO GET A WIDE OPEN MOUTH TO LATCH:

- ◆ Line up the baby’s nose with the nipple.
- ◆ Allow the head to tilt slightly backwards as it meets the breast.
- ◆ Express a drop of milk.
- ◆ Bring the baby’s mouth to the nipple and allow licking.
- ◆ Wait for a wide open mouth.
- ◆ Quickly pull the baby to the breast and onto the nipple.

## SOFTEN THE BREASTS IF TOO FULL OR HARD:

- ▶ Cover both breasts with an ice pack for 3-4 minutes.
- ▶ Massage the breast to help get the milk flowing.
- ▶ Hand express or pump the milk to soften the breast.
- ▶ Repeat the ice packs every 2-3 hours until the breast is softer.

## HELP DRAW OUT FLAT OR INVERTED NIPPLES FOR A BETTER LATCH:

- ▶ Sit up in a chair with a pillow supporting the back so that nipples are more erect.
- ▶ Use a breast pump to draw out the nipple for a few minutes just before putting the baby to the breast.
- ▶ Quickly bring the baby to the breast with a wide open mouth.

For more information call:



Adapted from the  
Arkansas Department of  
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